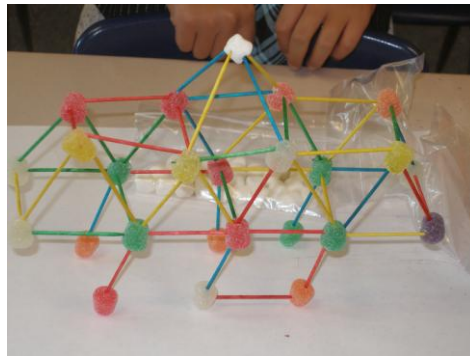


Gallinger's Guidelines



HJB Counseling and Guidance Program Newsletter

Hope everyone had a SWEET Pickle Summer and is in the “ribbiting rhythm” of a new school year (that’s frog talk for “in the groove”). Counseling and guidance will be consistent with prior years, offering individual counseling, guidance groups, Guidance classroom lessons, parent consultation, and peer mediation (this for the third year in a row). Peer Mediation is conducted by trained fifth graders who meet with pairs of students to help them solve small conflicts. Our team consists of nine students this year. Introducing the HJB Peer Mediation Team for 2009-2010: Nikki DeAngelis, Angela Vasishta, Hanna Bird, Jeffery Waskiewicz, Jessica Anderson, Karli Hemminger, Beth McMaster, Renee Crump, and Elena Maxey!



Are you going to eat that marshmallow?

To begin the year, fifth graders are surveyed for what they learned in previous years and to choose goals for what they want to learn in their fifth grade Guidance Lessons. Their first lesson will be to practice “synergy” by building candy bridges. (See photo above). In groups of threes, they brainstorm ideas and then begin building a “bridge”, without talking, from tooth picks, gum drops and marshmallows. They enjoy this activity while learning that synergy means “together is better” and then marvel at how different the bridges looked from each other! Fourth graders will also be surveyed for what they remember from prior guidance lessons. They will begin the year with a character lesson on R E S P E C T. The lesson will have them expressing self-respect along with respect for other’s feelings, ideas, and differences. Third grade will begin the year with a review of friendship skills and problem solving skills taught to them last year with the Kelso’s Choice Program. Second grade will be introduced to Kelso the frog puppet and the program teaching about the nine choices kids can make to solve small problems among their friends. Kelso, being a frog, is in his glory at HJB with the frog theme throughout the school building. First Grade will learn about “sweet and sour” feelings from “Pickle Pal” puppet, and Kindergarten will be introduced to Tuggles the “peaceable bear” puppet and stories from My Friends and Me program featuring “Willdo” and “Cando” two pretend kindergarteners who go looking for a peaceable place in the world. Ask your children to tell you about these characters. Guidance Groups will start this month and students may sign a list stating their interest in one or more of the topics. Topics: Friendship building, Assertiveness, Anger and/or Anxiety management, Making good choices, and Life Changes like divorce in a family or the death of a family member. Parents may request their child be in a group. Parental permission is obtained before any student will participate in a group.

